



A Self-test for Teens

The following questions may help you explore how gambling is affecting your life.

- Is gambling the most exciting activity in your life?
- Do you try to prevent your family and friends from knowing how much or how often you gamble?
- Do you miss school, work, activities or other events due to gambling?
- Do you need to spend more and more money on gambling activities to get the same excitement?
- Has anyone expressed concern about your gambling?
- Do you lie to your friends or family about your gambling? For example, do you ever tell people that you did not gamble or that you won money gambling when you really lost money or possessions?
- Do you borrow money to gamble?
- Have you sold personal belongings to get money to gamble?
- Do you often gamble with money you intended to use for other things (lunch, clothing, CD's, etc.)?
- Have you stolen from your family, friends, or employer to gamble or pay gambling debts?
- After losing, do you try to win your money back by gambling?
- Do you often find yourself thinking about gambling activities and/or planning the next time you will play?
- Do you get into arguments with your parents because of gambling or with your friends over a gambling activity?
- Do you feel depressed or lose sleep or feel guilty because you lost money gambling?
- Do you ever gamble to escape or forget problems?
- Do you become restless, tense, fed-up, or bad-tempered when trying to cut down on your gambling?
- Have you tried to stop gambling but can't?

If you answered “yes” to some of these questions, you may have a gambling problem.

You can call a helpline at

1-800-NEXT.STEP (1-800-639-8783)

for free and confidential information and referral.